

**Maryland State Advisory Council on Arthritis and Related Diseases**  
**Meeting Minutes**  
**Wednesday, June 7, 2017**  
**4:30-6:00 PM**

**State Advisory Council on Health and Wellness Information Meeting 4:30 PM**

**Current Council Members Present in Person**

Jeanne Charleston (Heart)  
Michaeline Fedder (Heart)  
Michael Miller (Heart)  
Marcella Wozniak (Heart)  
Lillian Greene-Chamberlain (Fitness)  
Deborah Grinnage-Pulley (Fitness)  
Surina Jordan (Fitness)  
Suzanne Stringer (Fitness)  
Meg Gwaltney (Arthritis)  
Rebecca Manno (Arthritis)  
Liz Woodward (Arthritis)  
Jody Marshall (Arthritis)  
Bernadette Siaton (Arthritis)

**Organizations Present in Person**

Shalewa Noel-Thomas (Minority Health and Health Disparities)  
Gene M. Ransom III (MedChi)

**Members Present on Phone**

Janice Armstrong (Fitness)  
Roger Harrell (Heart)  
Seth Martin (Heart)  
Sheila McLean (Heart)  
Tracy Newsome (Heart)  
Beatrice Rice (Fitness)  
Ilene Rosenthal (Heart)  
Thomas Russell (Fitness)  
Catherine Cooke (Heart)  
Linn Rivera (Arthritis)

**Organizations Present on Phone**

Jessica Kiel (MD Academy of Nutrition and Dietetics)  
Sylvia Lawson (MSDE)  
Lauren Myers (MD Chapter American College of Emergency Physicians)  
Sheila Higdon (JHU)

**DHMH**

Meghan Ames  
Kim Bennardi  
Christine Boyd  
Berit Dockter  
Kathy Graham  
Annie Olle  
Kristi Pier  
Jody Sheely  
Sue Vaeth

**Welcome & Introductions**

- Meeting was called to order at 4:30pm by Kristi Pier to introduce the Council on Health and Wellness portion of the meeting.
- Council members from the Councils on Arthritis, Physical Fitness, Heart Disease and Stroke introduced themselves. Christine Boyd was introduced as DHMH staff for the new Council on Health and Wellness.
- Guests for the first portion of the meeting included DHMH staff and organization and association representatives identified in SB 38.

**New Council on Health and Wellness**

- The legislation, SB 38, to consolidate the Councils and create the new Council on Health and Wellness was passed in the 2017 legislative session. Kristi Pier, Director of the Center for Chronic Disease Prevention and Control (the Center that staffs the existing Councils), and Kim Bennardi,

Administrator, Office of Appointments and Executive Nominations, presented to the invited partners and current members.

- Regulations draft overview
  - The Secretary will select the Council chairperson. The Council will meet twice per year plus Committees will meet four times per year. Attendance is required at 50 percent of Council Meetings and 75 percent of Committee Meetings. The meetings will include in-person and virtual meeting options.
  - The draft regulations will be posted online in the Maryland Register for public comment. Council bylaws will be developed after the regulation approval.
- How to apply to the new Council
  - The new Council takes effect October 1, 2017. This Council will have Secretary appointed membership (change from current Councils which have Governor appointed membership). The 34 members will participate in at least one Committee: Arthritis, Diabetes (new focus area), Heart Disease and Stroke, and Physical Fitness. Initial members will be appointed to staggered terms not to exceed four years. Subsequent terms will be four years.
  - Membership will be comprised of individuals representing 16 organizations identified in the legislation and 18 members from the general public. Applicants will be vetted. For example, a physician who is under investigation would not be selected. The Office of Appointments and Executive Nominations will accept letters of support for a seat on the Council.
  - Individuals can submit an application and resume at <http://dhmh.maryland.gov/oaen/Pages/Index.aspx>. Click on the “biographical information” link. Upload a resume through the website. **Applications will be accepted from June 7, 2017 through August 1, 2017.** All applicants and designees will be vetted. Formal appointments will be made by October 1, 2017. Appointees will receive an official appointment letter. Applicants not chosen for appointment will be notified. The first meeting of the Council is scheduled for November 15, 2017.
  - DHMH has more than 70 Boards, Commissions, and Advisory Councils under its purview. Other appointment opportunities within the State are available at the “current vacancies” report on the Governor’s Appointments Office website <http://govappointments.maryland.gov/>.
  - Contact Kim Bennardi at [Kim.Bennardi@Maryland.gov](mailto:Kim.Bennardi@Maryland.gov) with any questions related to the application process.
- Questions and Answers
  - Question 1: We all have to apply. Do we have to apply to the organization that is listed in SB 38?
    - Answer 1: Yes, it is best for members to reach out to the organization if they want to represent organization. Or, members can apply for a general public seat.
  - Question 2: What is the time commitment? Most of the Councils have met on a quarterly basis.
    - Answer 2: The vision is to have a full Council meeting twice/year with break-out meetings for Committees. The schedule will be determined with input from the new Council chairperson. The time commitment will be similar to the current Council quarterly meeting schedule.
  - Question 3: Is priority given to any individuals?
    - Answer 3: The Secretary encourages diverse candidates such as ethnicity and geographical diversity, depends on who applies to best fit the seat on the Council.
  - Question 4: What will staffing look like for the new Council?
    - Answer 4: Staff support will remain similar to the existing staffing structure and likely include three staff people.

- Closing Remarks
  - Council members will be notified following posting of the regulations in the Maryland Register. Members interested in applying can speak to the organization they represent or apply for a public seat.
  - The meeting was moved to adjourn at 4:55pm.

### **Attendance Arthritis Council Meeting 5:00 PM**

#### **Members Present in Person**

Meg Gwaltney  
Rebecca Manno  
Liz Woodward  
Jody Marshall  
Bernadette Siaton  
Chanel Whittaker

#### **Members Present on Phone**

Linn Rivera

#### **Members Absent**

Erin Penniston  
Domenic Borro  
Matthew Jackson  
Julie Toms Poludniak

#### **DHMH**

Berit Dockter  
Christine Boyd  
Kim Bennardi

#### **Guests**

Judy Simon  
Jazmine Turner

### **Welcome & Introductions**

- The Arthritis Council portion of the meeting was called to order at 5:05 PM by Berit and Dr. Manno.
- Guests for the Arthritis Council meeting included Kim Bennardi Judy Simon, and Dr. Jazmine Turner.

### **Approval of Minutes from March 1, 2017**

- A motion to approve the meeting minutes from March 1, 2017 was made by Dr. Poludniak and Meg seconded the motion over email. The Council voted to approve the meeting minutes over email vote on June 9, 2017.
- The minutes will be posted to the website (<http://phpa.dhmh.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>).
- Since this meeting is the last Arthritis Council meeting, the minutes from today's meeting will be approved through an electronic vote.

### **Approval of Minutes from June 7, 2017 (this meeting)**

- A motion to approve the meeting minutes from June 7, 2017 was from Dr. Siaton and Liz second the motion over email. The Council voted to approve the meeting minutes over email vote on June 25, 2017.
- The minutes will be posted to the website (<http://phpa.dhmh.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>).

### **Health Education**

- Jody Marshall: Massage Therapy
  - Jody discussed her professional background in massage therapy. She encourages the therapeutic component of massages in addition to the relaxation component. With psoriatic arthritis, there is science around the tissue around the bone and how it can influence joint function. Massage can help muscles function more properly and help treat arthritis-related pain. "Our culture is constantly on the run" and even if you do not have arthritis, our environment can take a toll on your body. Massage can help take care of the body. Some clients say "I didn't even know that was tight!" because we get used to ignoring what our body tells us. There are self-massage techniques you can do to take care of your own body that only take 5 minutes. Sometimes activating a trigger-point or

- “knot” in the body can impact something simple like turning your neck. Pressing on the point will refer pain into other areas of the body, then move the body part around the point continuing to press on the point. The area should feel relief. You can use another object, like a water bottle leaning against the wall, if finger pressure is difficult.
- Linn asked to clarify if the water bottle was vertical—yes—and a tennis ball can also be used.
  - Dr. Manno asked about working with clients and if the muscles improve over time, compared to exercise and finding fitness benefits. Jody stated one massage every six months will not change anything, since it takes a long time for our bodies to get to their current state. Jody recommends clients come once a week for at least the first month to relieve pain, once a month will provide relief for a few days but the pain could return sooner.
  - How does one find a good massage therapist? Jody responded that finding a good massage therapist is trial and error and recommends finding the right person for your body and personality. She suggested getting the contact information from a good therapist and sticking with them even when they move locations.
  - Guest Judy Simon MS, RD, LDN: Malnutrition's High Cost for Older Adults with Chronic Conditions
    - Judy discussed registered dietitian (RD) access and challenges to identify and diagnose malnutrition. Malnutrition is not necessarily hunger or being thin. Inflammation, acute or chronic can impact malnutrition. Inflammation is common in chronic diseases, like arthritis. Malnutrition can delay healing and associated health care costs are high. Less than 7% who should be diagnosed are actually diagnosed with malnutrition—so the challenge is for health care providers to properly diagnose and be aware of this condition. There is billing opportunity (ICD-10 codes) for malnutrition in acute care settings. Judy asked the group to think of an older adult and what their typical day is like—they may be at risk for malnutrition if they have two or more conditions that might be more common than we usually suspect (i.e. depression, increasing age, a chronic disease, chewing or swallowing problems, etc). Malnutrition is becoming its own chronic condition rather than a side effect. Judy encouraged screening for malnutrition in a variety of settings by a variety of practitioners with minimal training needed. Maryland Department of Aging was part of the development of a “Community Malnutrition Resource Hub” (<https://www.ncoa.org/center-for-healthy-aging/resourcehub/>) for community outreach. SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) has an impact for the community to have better access to food.
    - How much is malnutrition being focused on outside of the older adult populations? Such as the young adult population. Judy stated she was unsure at this time, but can explore.

## **Newsletter Update**

- Volume 2
  - The second Arthritis Council Newsletter was sent to 360 email contacts on May 1 in celebration of Arthritis Awareness Month. 14 (3.9%) bounced back, and Berit will remove these emails from the contact list. 1 contact unsubscribed. 62 people (17.9%) opened their email newsletter and 3 people (4.8%) clicked on the links contained in the newsletter. All 3 clicks were to the Arthritis Council homepage: <https://phpa.health.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>.
- This newsletter was posted and future newsletters will be posted to the Arthritis Council website (<http://phpa.dhmdh.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>).
- Volume 3 is currently being reviewed with a goal to disseminate in early July since July is Juvenile Arthritis Awareness Month.
- Volume 4 of the newsletter can possibly be scheduled for December, after the first meeting of the new Council on Health and Wellness. Dr. Manno suggested it depends on what the new Council looks like such as a greater newsletter from the Council rather than an individual arthritis newsletter.

Each Committee within the new Council can be contributors to a newsletter. Dr. Manno sees potential in continuing some sort of newsletter with the new Council, but more to be determined since the new Council has not started yet. At this time, the majority of the content in the “newsletter archive” has been used, and it is a good time for a newsletter break.

- Meg asked if anyone has emailed through the email provided in the newsletter. To date, one person reached out to be added to the newsletter contact list. Meg suggested doing a quick survey in the newsletter to solicit ideas from newsletter readers on what they would like included.
- Christine mentioned the Center for Chronic Disease Prevention and Control (within DHMH) newsletter has a link to the Arthritis Newsletter to promote traffic to the Arthritis Newsletter.

### **Council Updates**

- Certificates of Appreciation signed by Chair, Dr. Rebecca Manno, and Maryland Department of Health and Mental Hygiene Secretary, Dennis Schrader were presented to Council members. Dr. Manno thanked Council members and was impressed with the newsletter and other outputs developed by the group.
- Walk Maryland Day is October 4, 2017. Please contact [erin.penniston@maryland.gov](mailto:erin.penniston@maryland.gov) if you would like to participate in the planning committee. Dr. Manno stressed the important role of the Arthritis Council around Walk Maryland Day.
- Council members discussed the new Council on Health and Wellness and the following goals and activities:
  - Meg would like to see more policy-related work, and Dr. Manno agreed. Increasing outreach, listening forums, and strategies for patients to interact more with patients and the physician community were also suggested.
  - Dr. Manno suggested ideas like a half-day seminar, continuing the newsletter, and getting creative with policy action items.
  - Meg suggested a rep from the Council reach out to community organizations, such as fitness groups, to improve communication and better inform the public.
  - Liz agreed there should be a greater outreach component to the Council. How can the Council facilitate conversations with groups such as massage therapists?
  - Jody discussed volunteer opportunities for massage therapy students who could go to a nursing home, for example. Other health fields have requirements for students, depends on professional or state requirements. The Council could improve collaboration with students entering the health care field.
  - Chanel mentioned partnering with educators, since resources are limited, and getting creative outreach.
  - Meg would like to see products come from the Council such as a resource webpage where people can find low cost medications or access to health care.
  - Additional arthritis related resources were also suggested for posting on the website.

### **Member Updates**

- **Berit**—Books available for Council members to take for themselves or their patients titled “The Arthritis Helpbook: Sixth Edition.”
- **Chanel**—Reminded the group their resource center can be a resource: The Peter Lamy Center on Drug Therapy and Aging at the University of Maryland School of Pharmacy.
- **Meg**—has knee replacement surgery on Monday.
- Other Council members present did not have updates today.

### **Upcoming Meetings**

- This is the final meeting of the Arthritis Council. The September meeting is cancelled. The first meeting of the new Advisory Council on Health and Wellness (with an Arthritis Committee) will be November 15, 2017.

**Meeting Adjourns**

- The meeting was moved to adjourn at 6:06 PM by Dr. Manno.

**Attachments shared with the Council:**

- Volume 2 of the Maryland Arthritis Council Newsletter
- Constant Contact report of newsletter Volume 2 open rate and clicks
- Draft of Volume 3 of the Maryland Arthritis Council Newsletter
- One page overview of how to apply to the new Council on Health and Wellness
- Council on Health and Wellness draft regulations
- *Vital Signs* from March 2017 “Arthritis in America” from CDC